

CLARINE SEYMOUR'S RULES FOR GRACE

Don't Overdevelop Muscles, Warns
Star of D. W. Griffith's
"The Idol Dancer."

Strong condemnation of most physical exercises advocated for health building, as far as they apply to women, is given by Miss Clarine Seymour, the actress whose physical feats and dancing in D. W. Griffith's latest production for the screen, "The Idol Dancer," has gained more than unusual praise from critics. She declares that most of the exercises result in the building up of muscles, the development of which destroys the grace and natural charm of womanhood.

Miss Seymour originated her own system of development which makes for suppleness, grace and endurance, rather than ability to lift heavy weights and do other feats of spectacular strength. Small and slender, and with the willowy grace of youth, Miss Seymour's appearance belies her ability to do the things which appear so easy to her in Mr. D. W. Griffith's production.

Grace, Not Muscles, for Women.
"Good circulation is the first requisite of health," says the newest star of flimflam. "Strength comes secondary. Persons with bulging muscles are often in bad health, due to stagnant blood, for it does not follow the hasty physical development denotes good health. The exercise necessary to gain this development may, however, result in good health, although this does not necessarily follow."

Exercises Make for Speed.
Miss Seymour prepared the following list as the exercises which she used in bringing herself to her present state of development.

1—Quick, deep breathing before an open window three or four times a day. To be continued until uncomfortable.

2—Extending the arms outward from the shoulder and then moving them so that the finger tips describe a large circle, as rapidly as possible until the fingers tingle.

3—The same movement with the arms extended above the head.

4—Standing on one foot and describing as wide a circle as possible with the toes of the other as rapidly as possible.

5—The same exercise standing on the other foot.

6—With feet slightly spread apart revolve the upper part of the body from the hips so that the head describes a circle. This exercise will be performed six times, but as it is continued the dizziness caused will gradually disappear, until it is possible to remain clear headed no matter how fast the motion.

Climbs Sixty-Foot Tree.

Miss Seymour said that after a person has continued these exercises for some weeks, standing on tip-toes and performing exercises 3 and 4, they will be found very conducive to graceful dancing. As to the efficacy of the exercises, the best proof is in the way Miss Seymour climbs a sixty-foot palm tree in "The Idol Dancer."

Miss Seymour is the attraction at Moore's Rialto Theater beginning tomorrow.

MOVIE BOLSHIEV STARTS NEAR-RIOT

Thomas H. Ince ran into unexpected complications when he attempted to make scenes for his latest production, "Dangerous Hours," at Loew's Columbia tomorrow. To secure the utmost in realism for the picture, Ince and his company journeyed to the silk mill district of Paterson, N. J. The underlying theme of the film is the current radical unrest and the producer planned a big scene in front of a factory, in which an actor playing the role of Bolshiev agitator harranges the crowd.

Mr. Ince had no trouble securing "extras" for the scene. It was "shot" during the noon hour, and the hundreds of workmen who crowded around made it difficult to use the camera. They shouted, gesticulated, and waved their arms while the movie Bolshiev spoke in impassioned language to them. Mr. Ince grew uneasy. When they started surging toward the factory entrance in an angry mob, his fears were realized—they had taken the speech for the real thing. He ordered the camera to stop clicking at once and called off the orator, then with considerable difficulty dispersed the audience.

KID BROAD MAY NOT BE HANDSOME, BUT—

The sport writers used to wax humorous over the battle-scarred features of Kid Broad, the erstwhile lightweight pugilist. Now the Kid's face is proving his fortune in motion pictures.

Not that he will ever win any handsome man contests. Rather it is his lack of pugilistic that makes him fit to be a glove into roles that require him to portray tough citizens. In "Easy to Get," the picture at Crandall's Knickerbocker Thursday and Friday of next week, the Kid plays a fugitive convict in the company supporting Marguerite Clark.

DOLE'S MAT. TODAY Tonight 8:20

The Bohemians, Inc. Present
**GREENWICH
VILLAGE FOLLIES**

With FRANCES WHITE
and James Watts, Ted Lewis, Ada Forman,
Al Herman and The 26 Famous Artists
Models.

Next Week—Sensational.
A. H. Woods Offers
BARNEY BERNARD

In
"HIS HONOR, ABE POTASH"
The Finest Acting in the Finest Comedy
of the Season.

Direct From 8 Months on Broadway.
SHUBERT-BELASCO Direction Moore, Shubert.
Today 2:30—Tonight 8:30.
LEO CARRILLO
In "LOMBARDI, L.T.D."
With GRACE VALENTINE

Beginning Monday—Sensational.
JOHN D. WILLIAMS Presents
"ALL BOLSHIEV EYES"
A new play of the supernatural
by Anne Crawford Fletcher, with
LEO CARRILLO
And superb surrounding cast.



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THE IDOL DANCER
Rialto

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Loew's Palace Theater, in announcing this production, has arranged to lend it all the supplemental exhibition features required by a picture of this size and the musical score of the week, given by the Palace Symphony Orchestra, under the direction of Thomas J. Gannon, will be an attraction that alone will contribute materially toward making the present week one memorable in the annals of the Palace.

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